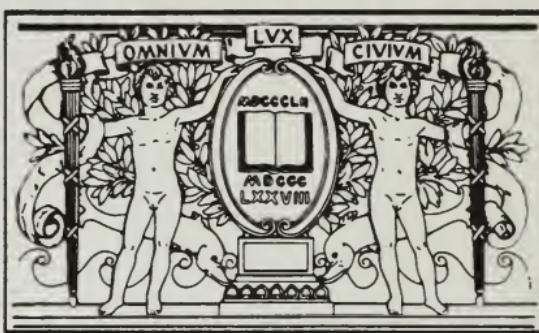


# DORCAS DISHES

A LITTLE BOOK OF  
COUNTRY COOKING



INTRODUCTION BY  
KATE DOUGLAS WIGGIN



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Better editor than editor!





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The old Congregational Church at Buxton Lower Corner which the Dorcas Society has painted, decorated, shingled, carpeted, cushioned, kept in repair, and provided with new hymn and service books.

# A BOOK OF DORCAS DISHES

## *FAMILY RECIPES*

*Contributed by the Dorcas Society  
of Hollis and Buxton*

EDITED BY  
KATE DOUGLAS WIGGIN

"This woman...called Dorcas...  
was full of good works and  
alms deeds which she did."



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1911

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## THE PRAISE AND PROPERTIES OF A GOOD WIFE

“She is like the merchants’ ships; she bringeth her food from afar.”

“She riseth also while it is yet night, and giveth meat to her household.”

“She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.”

“She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.”

“She looketh well to the ways of her household, and eateth not the bread of idleness.”

“Her children arise up, and call her blessed; her husband also, and he praiseth her.”

“Many daughters have done virtuously, but thou excellest them all.”

PROVERBS XXXI.

## INTRODUCTION

DO not suppose we "Dorcases" fancy that the world is waiting for another cookery book, nor that we believe we are supplying a long-felt want with this little pamphlet. One could have no illusions on that subject when the monthly and weekly magazines, and even the daily papers, have pages in every issue devoted to recipes, together with columns upon columns of suggestive bills of fare. Everybody reads these regularly, remarking to the person sitting near: "That sounds good!" "I must paste that in my book." "Let's try that some time." My private opinion is that we need cooks much more than books, and that one housekeeper who will experiment on appetizing novelties is worth a dozen of those who buy books, cut out, pin up, paste in, and hoard recipes, but continue to serve their families with the same dishes they used when they began housekeeping.

This modest volume does not aim to be a complete compendium of scientific cookery nor a practical guide to the young housekeeper; neither can we claim for it any startling originality. It has been compiled because we have many enterprises in hand for which we need money, and we believe the book may be one of the ways in which we can fill our treasury. But although we disclaim all intention of surprising

and instructing the culinary world, and avow our hope of financial profit, we take honest pride in our little book, as we do in all our endeavors, large or small. Every dish in it has been made hundreds of times by the particular Dorcas whose name is attached to it; but I sometimes think Dorcas should accompany her own recipe and stand over it until it is cooked and eaten, for the cake labelled "Delicious" sometimes turns out a sorry failure in your opposite neighbor's kitchen. There is a hard hand and a light one in cooking as well as on a horse's rein, and it almost seems as if butter and eggs knew their mistress and instinctively obeyed her orders, feeling themselves in the grasp of a superior power.

"Oven-judgment" never comes to some women in the course of their lives (and we certainly hope that they will feel no need of it in another world!) nor does the faculty of deftly combining the necessary ingredients. The terms "stiff," "thin," "hard," "soft" are very flexible and depend on the cook's point of view, while the art of perfect seasoning and flavoring is all too seldom attained.

Women are largely in the majority in New England, and because that is so it follows necessarily and naturally that they should take a considerable share of civic as well as domestic responsibility.

In church, school, garden, and farm work we women are as much needed as in the home, and we shall never be able to make our vil-

laces pleasant and prosperous places to live in, nor provide the proper environment for the younger generation unless we apply ourselves earnestly and intelligently to the task.

The cooking in small hotels and boarding houses along our countryside does not compare with that in England or on the Continent, and we are constantly criticised for the small amount of nourishment and large amount of dyspepsia with which we furnish our farming and laboring classes.

The devising of a good liberal diet, simple but varied, is one of the most important ends to which the mistress of a household can devote her energies. Is Dorcas doing all she might in this matter? How can we inspire and help our brothers, husbands, fathers to bring back the old garden to its once noble estate? Where are the rows of currant and raspberry bushes we used to see at the side or back of the house? We need not raise small fruits for the market if we lack time or strength, land or labor, but how about raising things for the family and the growing children?

When I was a girl there were always a few black and red currant bushes in the garden, with blackberries, raspberries, or strawberries. There was a single pear, or crab apple, quince, or plum tree in the orchard, and a Concord grape-vine over a porch. Citron melons were grown then, and there was a barberry bush planted by the kitchen door; and what delicious preserves for the long winter came from

those quince and apple trees, those citrons and damsons and pomegranates! Green and ripe tomatoes helped to swell the list, and mother had only to buy lemons and sugar and ginger to fill the goody-cupboard to bursting. Home-made jellies and jams mean a few days in a hot kitchen, but what comparison is there between these, with their pure, wholesome fruit juices, and the gelatine-laden products of the shops?

How shall we make the table more attractive, the food at once more appetizing and nourishing? How, especially, can it be done when the mistress of the house is a mother of children, having, with a little help, or with none at all, to take care of washing, ironing, sewing, mending, as well as cooking? Only a woman of good health, rare common sense, great patience, and fine spirit can compass this daily round of duties successfully; but it is a very beautiful, even a splendid thing when it is compassed!

A palatable meal, a well-set table, a family with keen and appreciative appetite, good digestion, hearty, healthy children with pleasant table manners, and a general feeling that mother is the very best cook in the universe! These read like humble things, but their sum total is probably one of the greatest factors in useful and happy living.

Any one who has a general helper or a servant can easily manage spotless table linen, changes of plates, service in courses, flowers, and all the accessories that go to make up a dainty meal; but how shall the tired woman who has been on

her feet all day keep strength and ambition enough to preserve the *niceties* of life when she is completely worn out with its *necessities*? It cannot always be done,—that might as well be confessed at the outset. There are days of constant interruption, of illness, of discouragement, of exhaustion, when things are dropped wearily on the table, and the children are allowed to eat in confusion and hurry and disorder. But this is only occasional, and any woman who loves and seeks after beauty—beauty of cleanliness, freshness, order, refinement, harmony, punctuality—will manage to attain it at least a fair portion of the time. Every home in which this sort of modest unostentatious beauty is present is a lighthouse to the surrounding country. Every housekeeper who can be clean without being “p’ison neat,” energetic without being a “bustler,” a good cook without being too extravagant, hospitable, yet keeping strength for her own family,—such a woman is as much an inspiration to the community as she is to her own household.

Our Dorcas Society has held many unspoken ideals these last busy years. It has not only held them but it has worked for them. We want our little group of villages on the brink of the river to hold up their heads and wax strong. We want our district schools to improve from year to year; our buildings to renew their paint and shingles; our farms to thrive; our Village Improvement societies to prosper; our churches to grow; our roads to be bettered;

our new Library to be an influence in its modest way.

We are helping to build a new Parish or Community House where boys' and girls' clubs can meet; where gatherings of many sorts can be held, and such lectures and entertainments as are appropriate to a small audience room; where also the social hospitalities of the church can be dispensed with comfort and dignity.

Many of our young people will go away in search of larger opportunities and gains, but we shall always have them during the formative years of life, and we want to send them out into the world so equipped that they will be a credit to the place of their birth.

This Dorcas Fair of August, 1911, is one of our annual attempts to earn money for worthy causes. The Book of Dorcas Dishes will be a souvenir of our hopes, our ambitions, our courage, and our faith. It will voice our belief in the value of good housekeeping and good cookery, which indeed are real civic virtues.

When you try one of our simple recipes remember that you have added your mite to a fund that will be used for all sorts of fine purposes, broad and unsectarian ones.

We have purposely included very simple dishes; just the plain, daily diet of a band of country Dorcas, with a few pretty things we cook when an old friend graces the supper table, or company comes from Boston, or John brings home his bride. Let us sum it all up. Good cooking needs skill, judgment, and imag-

ination, therefore it tests the qualities of the cleverest woman. Nobody pretends that dish-washing is attractive, and nothing but Christian grace makes us endure the pots and pans, but cookery is high art; let us think of it as such, and we shall be properly proud of such triumphs as we achieve. Who would not rather make a delicious strawberry short-cake than play *The Maiden's Prayer* on the piano? Where is the painted table-scarf that can compare with an honest loaf of milk-white bread? Is a bunch of wax or paper flowers any more artistic than a ball of perfect butter stamped with a garland of daisies? No; there is genius in a wonderfully seasoned dish of meat or fish, in a toothsome sauce, or in a clever arrangement of "left overs." There is real poetry in a shining country kitchen; poetry in bread and cake as light as a feather. Would that a little of it, felt by some Dorcas as she stirred and kneaded and measured,—would that a little of it might be imprisoned in this text, and find its way into another woman's heart in some other country kitchen.

KATE DOUGLAS WIGGIN.

*Quillcote, August, 1911.*



# I

## BREADS OF VARIOUS SORTS

### Raised Bread

To be made in the morning.

*(Mrs. Perley A. Berry)*

2 cakes compressed yeast.

1 pt. sweet milk.

1 qt. warm water.

2 tablespoons sugar.

1 tablespoon salt.

Piece of lard size of a large egg.

#### DIRECTIONS FOR MAKING

Put yeast in 1 pt. warm water early in the morning.

Let stand  $\frac{1}{2}$  hour in a warm place; stir into this mixture  $1\frac{1}{2}$  pts. flour; let stand about  $\frac{3}{4}$  of an hour or until full of bubbles.

Add to the above, 1 pt. warm water, 1 pt. scalded milk, sugar and salt.

Beat together, stir in all the "raise-bread flour" it will take; turn out on bread board and cut and knead, working in the lard until smooth. Let rise until light or about 6 hours, moulding in loaves with the hands, not kneading on board. Set to rise. When tin is  $\frac{2}{3}$  full brush over with melted lard; set in a hot oven, with

door open for 10 minutes; close door and bake  $\frac{3}{4}$  of an hour; take out and brush over with melted butter, break apart and cool.

### **Sour Milk Brown Bread**

*(Mrs. Guy L. Hall)*

1 cup cornmeal.  
1 cup rye flour.  
1 cup graham flour.  
1 cup of raisins.  
1 teaspoon salt.  
1 heaping teaspoon soda.  
 $\frac{1}{2}$  cup of molasses.  
1 pt. sour milk.

Mix in order given. Steam 3 hours, then remove cover from mould and put in oven to form crust.

### **Parsonage Oatmeal Bread**

*(Mrs. Robert G. Harbutt)*

1 qt. of boiling water turned on 1 pt. of rolled oats. Let stand until cool. Then add  $\frac{1}{2}$  yeast cake dissolved in a little water,  $\frac{1}{2}$  cup of molasses, 1 qt. entire wheat flour, 1 qt. sifted flour, and salt to taste.

Rise over night, stir down, rise again, stir down, drop in bread tins, rise again, and bake about 40 minutes.

### **Bishop's Bread**

*(Mrs. H. A. Owen)*

3 eggs.  
1 cup sugar.

1 cup raisins.  
1 cup split, unblanched almonds.  
2 cups flour.  
1 teaspoon soda.  
2 teaspoons cream tartar.  
Pinch of salt, and flavor with lemon or vanilla.  
Beat the eggs and sugar until very light.  
Then add flour and raising, and lastly the nuts  
and raisins. Spread in thin sheet on buttered  
tin, and cut in small oblongs or squares before  
it is cold.

### Walnut Brown Bread

*(Mrs. Margaret Lord)*

2 cups graham flour.  
1½ cups white flour.  
½ cup brown sugar.  
½ cup molasses.  
2 cups sweet milk.  
1 teaspoon salt.  
1 large teaspoon soda.  
1 cup chopped walnuts, fine.  
Beat light. Bake in one loaf 1 hour.

### Blueberry Bread

*(Mrs. Charles Nichols)*

1 qt. flour sifted with 1 heaping teaspoonful  
soda.  
½ cup sugar and a little salt.  
1 qt. berries mixed dry with flour.  
½ cup sour cream and enough sour milk to  
make rather a soft dough. Bake ½ hour in  
moderately hot oven.

## Bran Meal Gems

*(Mrs. E. F. Smith)*

1 cup Educator Bran Meal.

$\frac{2}{3}$  cup milk.

$\frac{1}{4}$  teaspoon salt.

2 tablespoons sugar.

1 egg.

1 teaspoon baking powder.

Have gem pans very hot, and bake in very hot oven.

## Brown Bread Brewis

*(Mrs. Willis Graffam)*

Bits of crusts and bits of brown bread, nicely broken and browned in oven. A rich milk and butter sauce, as for milk-dipped toast. Put the hot bread pieces into the dip while it is still boiling. Stir and simmer a good while.

## Twin Elms Tea-Cake

*(Mrs. Jane C. Akers)*

1 egg well beaten.

Piece of butter size of an egg.

$\frac{1}{4}$  cup sugar.

1 cup sweet milk.

Salt.

2 cups flour, or if baking powder is used, 3 even teaspoons.

## Graham Bread

*(Mrs. Alice Bickford)*

1½ cups Quaker Oats.

⅔ cup sugar.

1 tablespoon lard.

1 tablespoon salt.

3 cups boiling water.

½ cake compressed yeast.

3 cups graham flour.

3 cups white flour.

Put Quaker Oats, sugar, salt, and lard in bread bowl; add boiling water. When luke-warm add yeast dissolved in a little water. Graham flour (unsifted) and white flour (sifted).

Stir very hard for five minutes and let stand over night.

In the morning stir down and put into pans (three small ones). Let rise for an hour or two, and then bake 1 hour. Do not knead or touch with the hands.

## Quaker Oats Bread

*(Mrs. A. L. T. Cummings)*

2 cups Quaker Oats.

½ cup sugar.

½ cup molasses.

1 tablespoon even full lard.

1 teaspoon salt.

4 cups boiling water.

Cool.

1 yeast cake in 1 cup of water.

2 qts. flour.

## Tea Rolls

*(Mrs. John Fogg)*

1 pt. flour.

$\frac{1}{2}$  teaspoon soda.

1 teaspoon cream tartar.

$\frac{1}{2}$  teaspoon salt.

Sift all together and mix with sweet milk. Roll about half an inch thick. Spread with butter and sprinkle with sugar, and roll as for jelly cake. Cut in small rolls and bake in a moderate oven.

## The Deacon's Blueberry Cake

*(Mrs. E. B. Hanson)*

1 egg whipped light.

1 cup sweet milk.

3 tablespoons sugar.

Butter size of an egg.

1 teaspoon soda.

2 teaspoons cream tartar sifted in 3 cups flour.

2 cups berries.

To be eaten hot with butter.

## Blueberry Muffins

*(Mrs. L. A. Berry)*

1 egg.

$\frac{3}{4}$  cup sugar.

2 tablespoons butter.

1 cup sweet milk.

2 even cups flour.

$\frac{1}{2}$  teaspoon soda.

1 teaspoon cream tartar.

2 cups blueberries.

## Muffins

*(Eliza S. Libby)*

1 pt. sour cream.

2 eggs.

1 teaspoon soda.

A little salt.

Add flour to make a batter, and drop in hot tins.

## Johnny Cake

*(Mrs. Frank L. Tarbox)*

1 cup meal.

$\frac{1}{2}$  cup flour.

1 teaspoon soda.

Salt.

2 tablespoons molasses.

1 tablespoon sugar.

Sour milk to mix.

## My Mother's Tea Biscuits

*(Mrs. Andrew L. Berry)*

Have all the ingredients close at hand, and see that the oven is hot. After beginning work very quickly.

To 1 qt. of flour add 2 teaspoons of cream of tartar, a teaspoon of sugar, and a pinch of salt. While sifting these together, have dissolving in a cup 1 teaspoon soda and amount of shortening desired by pouring a small quantity of hot water upon them. When dissolved fill the cup up with sweet milk and mix with the flour, adding enough more milk to make a soft dough.

As soon as the flour is nearly under control

remove spoon and finish with a knife, cutting rapidly. Mould and cut into small biscuits and rush into the oven.

### **Graham Bread**

*(Mrs. Emery Harriman)*

1½ pts. sour milk.

½ coffee cup molasses.

½ teaspoon salt.

2 teaspoons soda in a little hot water.

Add as much Graham flour as can be stirred in with a spoon. Pour into a well-greased pan and bake 2 hours.

### **Entire Wheat Muffins**

*(Mrs. Leonard Towle)*

2 cups entire wheat flour.

1 teaspoon soda.

1 teaspoon salt.

2 teaspoons cream tartar.

¼ cup sugar or molasses.

1 egg beaten until light and added to

1 cup milk.

1 tablespoon melted butter.

Mix in order given and bake 20 minutes in hot oven.

### **Pop-Overs**

*(Ella Deering)*

3 cups flour.

3 cups milk.

3 eggs.

1 teaspoon salt.

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Mix part of milk with flour until a smooth paste is formed, then add the remainder of the milk with the beaten eggs. Mix thoroughly and bake in gem pans in a quick oven  $\frac{1}{2}$  hour, or until the puffs are brown and well popped over.

### Indian Meal Griddle Cakes

*(Mrs. Frederick Dyer)*

1 pint sour milk.

1 egg.

1 teaspoon salt.

$\frac{1}{2}$  teaspoon soda.

1 teaspoon cream tartar.

1 tablespoon molasses.

$\frac{1}{2}$  tablespoon melted lard.

$\frac{1}{4}$  cup of flour.

Meal enough to make a good frying batter.

### Warmed-Over Biscuits

*(Mrs. Samuel Knox)*

Wrap in a cloth and put in a steamer for 10 or 15 minutes, then place in oven in a well-buttered pan, first buttering the top crusts. Keep them in oven till crisp.

## II

### MEAT DISHES

#### **Veal Loaf**

*(Mrs. H. E. Bradbury)*

3 lbs. upper part of leg of veal, chopped fine.

$\frac{1}{4}$  lb. of well-selected salt pork, chopped fine.

2 eggs, well beaten.

1 cup powdered crackers.

1 teaspoonful salt.

1 teaspoonful pepper.

1 teaspoonful sage.

All to be mixed up thoroughly and baked in a bread pan for 1 hour and 10 or 15 minutes.

#### **Hamburger Roast**

*(Mrs. Ira Libby)*

2 lbs. of the bottom of round steak, put through meat chopper.

$\frac{3}{4}$  cup milk.

2 well-beaten eggs.

Good  $\frac{1}{2}$  cup rolled cracker crumbs.

$\frac{1}{2}$  cup melted butter or bacon fat.

Salt, pepper, and poultry dressing to taste and 1 onion, if desired.

Mix well and shape, then dredge well with flour. Put small pieces of butter on top and bake in good oven 1 hour. Baste well with butter or bacon fat. Make gravy.

## Pot Roast

*(Mrs. John Guilford)*

Melt in a hot frying pan a lump of butter; or fry out a small piece of pork; while very hot put in the roast, browning all sides. Roll it over; do not insert fork, so as to keep all juices in. When browned, put in a pot which has been heated; put water in the frying pan to get any juices that have escaped, and pour over meat. Cover closely and cook slowly 3 hours, turning occasionally. Keep about a cup of water under the meat and sprinkle a little flour and salt over the meat 15 minutes before taking out, and turn several times. Browned potatoes are very nice with this meat: Boil potatoes whole until nearly done; drain, roll in flour, take meat out and put in potatoes in the gravy in the pot, until browned somewhat. Take the potatoes out and place in a hot oven while thickening the gravy and they will crisp over and are very nice.

## Dorcas Hash

*(Mrs. James Woodman)*

Cut cold cooked beef or mutton into small bits, re-heat in gravy or in a sauce made of butter, flour, and water in which a little beef extract has been dissolved. Season with salt, pepper, and grated onion, if you choose. Fill a buttered baking-dish two-thirds full. Cover the top with seasoned mashed potato made very light with the white of an egg beaten to a stiff froth. Bake in a hot oven until the potato is well puffed and brown.

## Baked Sausages

*(Mrs. Samuel Chase)*

Prick the sausages with a fork and bake for 6 or 7 minutes in a hot oven; take 3 cups of mashed potatoes and whip it with a well-beaten egg; lay this on a baking dish with the sausages on top, and cook 6 minutes longer.

## Chicken a la Dorcas

*(Mrs. Margaret Lord)*

Cut up a tender chicken. Season with salt and pepper, dip in egg and crumbs, and arrange the pieces close together in a buttered baking-pan. Dot each piece with butter, cover with another dripping-pan, and bake in a hot oven until brown. Make a cream sauce and scrape the crumbs, butter, and bits of chicken which will stick to the baking-pan into the sauce. Pour the sauce over the chicken.

## Potted Chicken

*(Mrs. Norton Libby)*

Cut up a chicken as for fricassee and to each pound of meat allow 2 tablespoonfuls of flour,  $\frac{1}{2}$  teaspoonful salt (very scant), and a dust of pepper. Mix thoroughly and roll each piece of the meat in the mixture. Pack closely in a large bean pot and cover with boiling water and bake  $3\frac{1}{2}$  hours. Cover after 10 or 15 minutes, but not before it boils.

## Beef and Tomato Stew

*(Mrs. Gideon Bradbury)*

1 cupful lean, uncooked beef, chopped fine.

$1\frac{1}{2}$  cupfuls strained tomato juice.

4 to 6 slices dried toast.  
1½ tablespoonfuls butter.  
1½ tablespoonfuls flour.  
1 tablespoonful finely chopped onion.  
1 teaspoonful salt.  
¼ teaspoonful pepper.

Melt the butter, add the onion and cook until slightly colored; put in the meat, packing it down solidly. Cook, without stirring, until it begins to brown around the edge, then turn (it will break, but this does not matter) and cook until almost dry. Put the tomato juice, salt, and pepper into an agate ware sauce pan, and bring to boiling point. Mix the flour well with the meat, turn into the tomato juice, stirring until it boils and thickens. Pour out on the toast and serve hot.

### Second-Day Roast Beef

*(Evelyn Dutton Fogg)*

Cut the lean meat of the cold roast beef into small squares, removing any fat or tough parts. Take a quart, or a pint of stewed tomatoes, according to the quantity of meat. Boil  $\frac{1}{4}$  pound of macaroni in water until tender, then drain. Add left-over gravy to the tomatoes. Put into a baking dish alternate layers of macaroni and meat, pour in the tomatoes and gravy, cover the top with fine bread crumbs and bake in the oven until the crumbs are well browned. The proportions depend upon the amount of meat, and additional gravy may be had by boiling the scraps in a little water, seasoning and adding to the tomatoes.

## Rolled Beefsteak

*(Mrs. John Guilford)*

Take a round steak, beat it well and spread it with a dressing such as is used for poultry. Begin at one end and roll it up neatly, trying to keep it in shape. Put it in a bake-pan with a little water, and bake until the meat is tender, basting it frequently, and when nearly done put a tablespoonful of butter over it. Thicken the gravy in the pan with a little flour and season well. Cut the meat as you would a berry-roll, slicing off the ends neatly.

## Chicken a la Maryland

*(Mrs. Austin G. Gorham)*

Cut your chicken as for frying. Wash, and dry in a cloth; then dip chicken in either melted butter or fat from fried pork. Salt and pepper the pieces, then roll them in cracker or bread crumbs; put in baking pan, in two layers, baste with melted butter and part water (or baste with pork fat, if used). Bake till thoroughly done, then place chicken on hot platter and cover all with thickened gravy, unstrained.

## Dumplings

*(Henrietta Elden)*

For every cup of flour use 1 heaping teaspoonful baking powder, 1 small teaspoonful salt. Use milk to stir as stiff as possible with a strong spoon, leaving a little dust of flour that is not mixed in. Dip the spoon in the stew, then in dough, cutting off small pieces not larger than a

# FOR WRITTEN RECIPES



hen's egg, as they expand to twice their size. Lay around on top of stew, then draw the pan they are cooking in back on top of stove, so they will not burn, keeping just boiling slowly. Leave the cover off until the dumplings are like puff balls, then put the cover over them until they are cooked, which will be about 20 minutes.

### **Mexican Stew**

*(Mrs. Austin G. Gorham)*

1 slice round steak (about  $1\frac{1}{2}$  lbs.).

6 beets.

6 turnips.

6 onions.

6 potatoes.

6 peppers (large, sweet, green).

6 tomatoes.

Put steak in bottom of pot, then add the beets and turnips, and cover all with boiling water, and add water as it cooks away. After these have cooked 3 hours, add the potatoes, onions, and peppers (removing part of the seeds from the peppers, or it will be too hot), and cook 1 hour. Then add the tomatoes and cook 20 minutes. Thicken with flour (mixed with a little cold water), season to taste. Cook slowly all through on top of stove.

### III

## FISH DISHES

### Quillcote Codfish Pie

*(Nora A. Smith)*

Line a dish with 2 crusts of puff paste and bake. Remove upper crust and fill with codfish prepared as follows: Flake and freshen 1 strip of codfish and cut an onion in bits, cooking in water until done. Let 1 cup of creamy milk come to a boil, thicken with flour, add fish and onion and small piece of butter. Serve hot.

### Creamed Fish on Toast

*(Mrs. William Deering)*

Haddock or any white fish, cold water to cover.

1 pt. milk.

1 tablespoon butter.

2 heaping tablespoons flour.

1/2 teaspoon salt.

Pinch of pepper.

1 tablespoon chopped parsley.

Wash the fish well. With a very sharp knife cut off the best of the flesh, commencing along the line of the back where the dorsal fins have been removed and cutting both ways. This may be saved for frying. Boil the remaining fish and bones, in cold water enough to cover,

until done. Remove bones and skin. Add milk, let come to a boil and then add the flour moistened with a little cold water. When thickened, season with salt, pepper, butter, and parsley, and serve on toast.

### **Baked Halibut**

*(Sarah D. Moulton)*

Take 2 slices of halibut 1 inch thick; between them put cracker crumbs, pepper, salt, and fat pork chopped fine; put the same on top, using butter instead of pork. Bake in a small pan set into a larger pan of water. Bake till the crumbs are brown, basting frequently with the drippings.

### **Clam Chowder**

*(Mrs. Thomas L. Kimball)*

1 qt. clams. Separate the belly from the other part, and cut off the black heads. Have ready some fried pork scraps, some split crackers, sliced raw potatoes, and onions. Put a layer of clams, a layer of crackers, a layer of potatoes, and onions, with pepper and salt on each layer. Cover with hot water and boil until potatoes are done. Then add two quarts of milk.

### **Salmon Souffle**

*(Mrs. Emery Harriman)*

2 level tablespoons butter.

2 level tablespoons flour.

1 teaspoon salt.

$\frac{1}{4}$  teaspoon paprika.

1 pt. milk.

1 cup stale bread crumbs.  
1 teaspoon onion juice.  
1 teaspoon chopped parsley.  
1 teaspoon lemon juice.  
1 pound cooked salmon.  
3 eggs.

Prepare a sauce with the butter, flour, seasoning, and milk; add bread crumbs, yolks of eggs well beaten, onion juice, lemon juice, parsley, and salmon rubbed fine with a silver fork. Then fold in whites of eggs beaten dry. Turn mixture into buttered baking dish and set this into a dish of hot water. Bake about 25 minutes in a moderate oven.

### Salmon Loaf

*(Mrs. A. G. Wiley)*

1 can salmon picked up fine with fork.  
4 eggs.  
4 tablespoons butter.  
 $\frac{3}{4}$  cup bread crumbs.  
Salt and pepper to taste.  
Steam 1 hour in quart bowl. Serve with sauce.

### Escalloped Oysters

*(Mrs. W. S. Moulton)*

1 pt. oysters.  
8 common crackers.  
 $\frac{1}{2}$  cup water.  
1 cup milk.  
Piece of butter size of an egg.  
Pepper and salt.

Butter a baking dish; sprinkle the bottom

with cracker crumbs, then have a layer of oysters, then cracker crumbs. Moisten with milk, butter, proceed till dish is full, having cracker crumbs on top. Bake in a hot oven 30 minutes.

### Codfish Balls

*(Mrs. Oland Trask)*

To 1 cup of boiled codfish chopped fine add 2 cups or more of mashed potatoes. Moisten with 1 beaten egg, or 2 or 3 tablespoons of sweet milk. Season with pepper and a little butter.

Make small flat cakes, flour, and fry a delicate brown in hot dripping or lard. A more delicate dish is made by dipping the cakes in beaten egg, then in bread crumbs and fry as above stated.

### Salmon Pie

*(Mrs. Perley A. Berry)*

2 small cans salmon:

4 eggs.

1 cup macaroni.

Open salmon, pick out bones and skin; cook macaroni in boiling salted water  $\frac{1}{2}$  hour; boil eggs until hard, peel and cut in halves. Line a 3-qt. baking pan with puff paste.

Wet edges of pan after being lined, then put in the salmon, eggs, and macaroni in order named.

Lay in 3 crackers split.

Pepper and salt, a little onion if liked,  $\frac{1}{4}$  lb. butter, or a butter gravy poured over the whole, and fill  $\frac{2}{3}$  full. Cover with crust rolled out  $\frac{3}{4}$  in. thick.

### **Codfish Foam**

*(Mrs. Chas. Earle)*

Make a white sauce of 1 tablespoon of flour, 1 teaspoon of butter, and 1 cup of hot milk. Stir until smooth, then add 2 tablespoons of finely picked codfish, freshened, and the beaten whites of 2 eggs.

### **Fish Croquettes**

*(Mrs. Guy L. Hall)*

Chop finely cold cooked fish. To each cupful add 1 large cracker rolled to a powder, 1 well beaten egg, 1 tablespoon of milk, and pepper and salt to taste. Fry in butter until nicely browned on both sides and allow 1 small tablespoon for each croquette.

### **Baked Stuffed Haddock**

*(Mrs. John Guilford)*

One medium-sized fresh haddock.

2 tablespoons of bread crumbs.

2 tablespoons of suet.

2 tablespoons of parsley.

1 teaspoon of herbs.

1 egg.

A little milk, salt, and pepper.

Browned crumbs.

2 ounces of dripping.

Wash and trim the fish; that is, neatly cut off the fins, point the tail and remove the eyes. Next make the stuffing by chopping the suet, parsley, and herbs, and mix them with the crumbs. Season well, and add enough milk to

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keep the mixture from crumbling. Press this into the inside of the fish, into the space just under the head where it is not open. Skewer or sew the edges together to keep in the stuffing and truss the fish in a circle by pushing the tail through the eyes. Next rub the fish all over with flour to dry it. Beat up the egg and paint the fish all over with it, then entirely cover with some nicely browned crumbs, so that it looks like a fried haddock.

Put the fish in a baking tin with the dripping. Bake in a moderate oven about 10 to 15 minutes. Baste it frequently, lift out of tin and remove skewer or stick. Serve on a hot dish with anchovy or butter sauce round.

# IV

## VEGETABLES

### Macaroni with Cheese

*(Mrs. Gibeon Bradbury)*

Take  $\frac{1}{4}$  of a pound of macaroni, break in small pieces, and boil in 3 pts. of salted water 20 minutes; turn into a colander, pour cold water over it and drain. Make a sauce of 1 tablespoon each of flour and butter, and  $1\frac{1}{2}$  cups of hot milk; salt. Put a layer of grated cheese in a dish, then a layer of macaroni, then sauce, then another layer of cheese, macaroni, and sauce, covering with fine bread crumbs, dotted with small pieces of butter. Bake until brown.

### Browned Tomatoes

*(Mrs. Ira Libby)*

Wipe tomatoes and cut in halves, or if large into thirds. Lay cut side up in baking pan, and sprinkle with salt. Cover with green peppers and onions chopped fine. Moisten some soft bread crumbs with melted butter and put generous layer over whole. Place the pan in hot oven and let cook until crumbs are well browned.

### Candied Sweet Potatoes

*(Mrs. C. F. Howe)*

Boil the potatoes until they are thoroughly cooked, then peel and slice them. Butter a shal-

low dish or tin and put in a layer of potatoes. Sprinkle over this a little sugar, then put in another layer of potatoes and another of sugar, with a few bits of butter on top. A little maple syrup added before putting into the oven makes it still better. Leave in the oven only long enough to brown.

### **Stuffed Spanish Onions**

*(Mrs. Algernon S. Dyer)*

Boil onions until tender, take out middles, and mix them with cooked chopped meat or fish. Put this mixture back into onion shells, with crumbs on top, and place all in baking dish with a little water or milk (if milk, add when nearly done), and bake until very tender.

### **German Luncheon Dish**

*(Mrs. Algernon S. Dyer)*

Cook spinach in the usual way, and heap on middle of a platter; garnish with slices of hard-boiled egg, and place round all thin slices of broiled bacon.

### **Cucumbers to Serve with Broiled Steak**

*(Mrs. L. W. Scribner)*

Peel good sized cucumbers, cut lengthwise and then across through the middle. Sprinkle heavily with salt and let stand an hour. Drain and put into upper part of double boiler with drawn butter sauce. Season with pepper and salt, a bit of bay leaf, and a drop or two of vinegar. Cook until soft and transparent. Serve in sauce plates as a vegetable.

## Cucumbers to Serve with Roast Beef

*(Frances B. Dyer)*

Peel and slice good sized cucumbers; put layer of cracker crumbs in bottom of baking dish, and on this a layer of the sliced cucumbers, chopped green peppers, and chopped parsley; sprinkle with salt and add bits of butter. Over this put another layer of cracker crumbs, followed by layer of the cucumbers, green peppers, and parsley. Over all another layer of cracker crumbs, covered with bits of butter. Add milk until it can just be seen round edge of dish and bake 1 hour. Serve in baking-dish.

## Scalloped Tomatoes

*(Minnie Alford)*

Butter your baking-dish well. Cut the skinned tomatoes in small pieces and line the bottom, then a sprinkle of salt and pepper, with a little butter. Now bread crumbs, very fine, then seasoning and so on until the dish is full. A little onion in this is a great improvement. An egg, well beaten, poured over the top, adds a great deal to the taste.

## Grandmother's Potatoes

*(Mrs. George Riggs)*

Pare large potatoes, and cut a tunnel through the centre of each one with an apple corer. Draw a small sausage through each one; place them in the pan and lay a slice of fat salt pork or bacon on each one. Bake until the potatoes

are done, basting with hot water whenever necessary.

### **Salsify, or Oyster Plant**

*(Mrs. Thomas L. Kimball)*

Wash, scrape, and throw into cold water. Cut into inch pieces and boil rapidly. Drain them well. Add milk, butter, salt, and pepper, as for an oyster stew.

### **Pleasant Point Corn Fritters**

*(Mrs. James B. Elden)*

To 1 heaping cup of corn add:

1 egg.

$\frac{1}{4}$  cup sweet milk;

$\frac{1}{2}$  cup flour;

1 heaping teaspoon baking powder;

Add a little salt and pepper.

Fry in deep lard.

### **Potato Border**

*(Sally Akers Ely)*

Make a rim of cold mashed potato on a stone-ware platter, leaving a space in the middle. Fill the space with creamed fish, or minced beef. Sprinkle with crumbs and dry cheese, dot with butter, and brown in the oven.

### **Chopped Potato**

*(Mrs. Walter Hill)*

Cut cold, boiled potatoes into dice, and add half as much hard-boiled egg coarsely chopped. Season with salt and pepper; add half a cupful of rich hot milk or cream and heat thoroughly.

## **Escalloped Parsnips**

*(Mrs. George Sawyer)*

Cut cold, boiled parsnips into dice. Put into a baking-dish in layers, with crumbs, parsley, and grated cheese in between, having crumbs, cheese, and butter on top. Pour over a little cream sauce and bake until brown.

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# V

## SALADS AND DRESSINGS

### Mountain View Lobster Salad

*(Fannie E. Milliken)*

Cut the lobster meat in small pieces and season with salt. Make nests or cups of crisp lettuce leaves; break the poorer leaves and mix with the lobster; put a large spoonful of the lobster, mixed with some of the dressing, in each leaf, with a spoonful of the dressing on top just before serving. Garnish with the coral sprinkled over the dressing and with the lobster claws around the dish.

#### DRESSING

$\frac{1}{2}$  tablespoon mustard.

1 tablespoon sugar.

2 tablespoons melted butter.

1 teaspoon salt.

Make smooth, then add slowly 3 well-beaten eggs. To this add gradually  $\frac{2}{3}$  cup sweet milk; then add  $\frac{2}{3}$  cup vinegar, stirring the ingredients thoroughly. Cook in a double boiler until a little thick.

### Potato Salad

*(Mrs. Emma Sands)*

A sufficient number of boiled potatoes cut in cubes; a layer of potatoes alternating with

chopped onions, parsley, pepper, salt, mustard, celery seed, and salad dressing. Spread over lettuce leaves.

#### SALAD DRESSING

Wet one rounding teaspoon each of mustard and cornstarch with vinegar. Add enough more vinegar to make a half cupful in all. Add  $1\frac{1}{4}$  cups milk, sweet or sour, 1 beaten egg, and butter, size of egg. Cook until it thickens, stirring constantly.

### An Old-Fashioned Salad

*(Bertha Peirce)*

Cut cold potatoes into slices and mix with shredded lettuce leaves. Cover salad dish with lettuce leaves, and place mixture upon them. Lay sliced cold boiled eggs upon the top and around the edge. Next to the green leaves, lay slices of cold beef or tongue. Pour dressing over all, adding a little onion juice, if desired.

#### FRENCH DRESSING

Three tablespoonfuls of olive oil, 2 tablespoonfuls of vinegar — more if dressing seems too oily —  $\frac{1}{2}$  teaspoonful of mustard,  $\frac{1}{2}$  teaspoonful of salt. Beat violently with egg-beater, then pour over salad.

### Salad Dressing

*(Mrs. A. M. Jose)*

1 unbeaten egg. Into this sift:  
1 scant teaspoon salt;  
1 teaspoon mustard;

3 rounding teaspoons flour;  
6 teaspoons sugar. Mix, then add:  
3/4 cup vinegar;  
2/3 cup hot water;  
Small piece of butter.  
Stir till it thickens, but do not let boil. When cool add cream to thin.

### Chicken and Nut Salad

*(Mrs. Sewell Smith)*

1 1/2 cups diced chicken.  
1 cup chopped English walnuts.  
1/2 cup apple diced.  
1 tablespoonful finely chopped celery to each cup of chicken, a dash of paprika.  
Mix with dressing and serve on lettuce leaves.

### Crossways Fruit Salad

*(Mrs. A. L. T. Cummings)*

1 can pineapple, cut.  
2 lbs. California grapes, seeded.  
1/2 lb. English walnuts or pecans.  
This quantity is for a large company.

#### DRESSING

1 tablespoon mustard.

1 tablespoon sugar.

A very little cayenne.

1 teaspoon salt.

3 eggs (yolks).

Juice of 1/2 lemon.

1/4 cup vinegar.

1 pt. best olive oil.

Beat yolks and dry ingredients until very light and thick. Add a few drops of oil at a time until the dressing becomes very thick and rather hard; then add oil more rapidly. When very thick add a little vinegar, continuing until all the oil and vinegar have been used. Add lemon juice and a full cup of whipped cream. (Dressing will keep a long time on ice.)

### **Salad without Vinegar**

*(Mrs. Andrew L. Berry)*

Arrange lettuce as usual, placing cut oranges, grape fruit, or bananas over it, a little sugar, with a sprinkle of lemon juice upon the whole.

Another way: Strew ripe currants and a little sugar over the lettuce.

### **Sardine Salad**

*(Mrs. Emma J. Harmon)*

Arrange sardines on a bed of lettuce. Season with minced onion, chopped pickle, capers, and hard-boiled eggs. Pour over French dressing, season with tomato catsup, and serve cold.

### **Egg Salad**

*(Jennie Shepard)*

Cut fine 3 hard-boiled eggs and 4 stalks of celery. Serve on lettuce with French dressing.

### **Vegetable Salad**

*(Ella Deering)*

Mix equal parts or any desired proportion of cold boiled vegetables sliced or chopped. Heap

on a platter or shallow dish, lined with lettuce leaves, and serve with a cream dressing. Garnish with sprays of parsley.

### **French Dressing**

*(Mrs. George Riggs)*

Put a pinch each of salt and pepper into a bowl. Pour in 4 tablespoonfuls of the best olive oil and stir until the salt is dissolved. Add 1 tablespoonful of vinegar and stir and beat until no separate globules of oil are visible.

To French dressing made according to directions given above may be added at discretion celery salt, capers, horseradish, mustard, Worcestershire sauce, sage, minced olives or pickles.

Materials for salads combined with lettuce:— Diced tongue, chicken, ham, or beef. String beans, spinach, potato, celery, asparagus, peas, beets, beet greens. Sardines or any cold bits of fish. Almost any sort of fruit, which, however, needs a special dressing. Whenever the supply of material is small, add hard-boiled eggs, chopped or in slices. Develop the “salad habit,” which is only of recent growth in New England.

### **Egg Dressing**

*(Mary Shepard)*

Rub the yolks of 4 hard-boiled eggs to a smooth paste with salt, cayenne, mustard, and sugar to season. Add gradually 4 tablespoonfuls each of oil and vinegar and fold in the stiffly beaten white of an egg.

## Boiled Salad Dressing

*(Nellie Harmon)*

Beat the yolks of 3 eggs with 2 tablespoonfuls of oil, 1 cupful of cream, and salt, sugar, mustard, and cayenne to season. Cook in a double boiler until it thickens, adding gradually  $\frac{1}{2}$  cupful of boiling vinegar. Take from the fire, add the whites of 3 eggs, beaten to a stiff froth, and chill.

## Cabbage Salad

*(Mrs. F. W. Foster)*

The white heart of cabbage, chopped fine; sprinkle  $\frac{1}{3}$  teaspoon of salt over, and put on ice to chill. Slice one hard-boiled egg over when chilled, and pour mayonnaise dressing over, and serve.

## Cheese Dressing

*(Frances B. Dyer)*

Rub the yolks of 2 hard-boiled eggs to a smooth paste with 4 tablespoons of oil; then add 1 tablespoon of vinegar and 1 of grated cheese with 1 teaspoonful of made mustard. Serve with the hearts of lettuce.

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# VI

## PIES

### Quillcote Pie Crust (Mrs. Helen E. Bradbury)

- 1 qt. flour.
- 1 teaspoon salt.
- 1 *large* iron spoon lard.
- 1 full cup butter.

Work it all together with spoon until it is thoroughly mixed. In summer add a little ice water and mix it quite stiff. Roll out three times, then put it in a tight roll and set it down cellar until the next day. This will make three medium pies.

### Lemon Sponge Pie (Mrs. H. A. Owen)

- 1 lemon.
- 1 cup sugar.
- 2 eggs.
- 1 cup milk.
- 2 teaspoons flour.
- 1 tablespoon butter.

Cream the butter, sugar, and add the flour. Separate the whites and yolks of the eggs, mixing the yolks with the sugar and butter. Grate the rind of the lemon and add the juice, then the cup of milk. Lastly stir in the well-whipped whites of the eggs and bake in one crust.

## Every-Day Pie Crust (*Myra Darrah*)

3 cups flour.

1 cup lard "cut in."

A little salt.

Water enough to mix.

2 tablespoons butter rolled in.

This makes enough for two pies.

## Cranberry Pie (*Eliza S. Libby*)

1 cup of cranberries, chopped fine.

1 cup of chopped raisins.

1 cup of sugar.

1 tablespoonful of flour.

1/2 cup boiling water, scant.

Salt and vanilla.

Mix flour and sugar, add water, then raisins.

Beat smooth and add cranberries last.

Bake in two crusts.

## Mock Cherry Pie (*Mrs. Robert G. Harbutt*)

1 cup of cranberries.

1 cup sugar.

1 cup raisins, unchopped.

1/2 cup water in which put 1 1/2 teaspoonfuls of vanilla.

Sprinkle plate with flour to thicken pie. Bake in two crusts. Makes one pie.

## Filling for Currant Pie (*Mrs. Helen E. Bradbury*)

2 eggs, 1 heaping cup sugar, 2 large cups currants. Beat the yolks of the eggs with the sugar.

Add the whites, beaten to a stiff froth, the last thing. Make a lattice work of pastry for the top crust of the pie.

### **Buxton Date Pie**

*(Mrs. J. R. Ford)*

Soak the dates over night and stew until they can be strained. Mix with 1 qt. of milk 3 eggs, a little salt, and nutmeg. Bake with an under crust only. One pound of dates is sufficient for three pies.

### **Rhubarb Pie**

*(Mrs. John Fogg)*

1 cup chopped rhubarb.

1 cup sugar.

1 egg.

1 teaspoonful lemon.

Salt.

Bake with two crusts.

### **Mock Mince Pie**

*(Mrs. Priscilla Hanson)*

1 cup molasses.

1 cup sugar.

$\frac{1}{2}$  cup butter.

$\frac{1}{2}$  cup vinegar.

Boil together for 1 minute. Then add 4 crackers rolled, 2 beaten eggs, spice to suit the taste, and 1 cup chopped raisins.

### **Secretary's Chocolate Pie**

*(Mrs. H. H. Locke)*

$\frac{1}{2}$  cup of sugar.

2 level tablespoons of cornstarch.

1 tablespoon of chocolate or cocoa.  
Yolks of 2 eggs.  
A little salt.  
2 cups of milk.  
Vanilla.  
Bake in one crust.

#### MERINGUE

Whites of 2 eggs.  
1 tablespoon sugar.  
Brown in oven.

### Lemon-Apple Pie *(Mrs. George Frazier)*

Grate rind and strain juice of 2 lemons. Core, pare, and chop fine 1 large tart apple. Pound 1 soft cracker very fine. Melt 2 teaspoons butter and mix with the cracker crumbs.

Mix lemon rind and juice with chopped apple, stir with them 2 level cups of sugar.

Beat yolks of 2 eggs to thick froth, whites to stiffness, then both together.

Beat these with the lemon, apple, and sugar. Mix the buttered crumbs with all. Cover pie plates; put a broad brim around their edges, and fill as tarts with the mixture. Bake 20 minutes, or until the crust is done. Orange Pie in same way, with less sugar.

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## VII

### PUDDINGS :

#### **The President's Pudding Sauce**

*(Mrs. J. W. Meserve)*

1/2 cup butter.

1 cup powdered sugar.

1/4 cup cream or milk.

4 tablespoons wine or 1 teaspoon vanilla.

Beat the butter to a cream, add sugar gradually; when light and creamy add wine, then cream a little at a time, place in a dish of hot water till the sauce is creamy and no longer.

#### **Honeycomb Pudding**

*(Mrs. F. W. Foster)*

1 cup chopped suet.

1 cup chopped raisins.

1 cup molasses.

1 cup sweet milk.

3 cups flour.

1 teaspoon soda sifted in flour, spice to taste.

Steam 3 hours and serve with hard sauce.

#### **Foamy Pudding Sauce**

*(Mrs. Priscilla Hanson)*

1 cup sugar.

2 eggs.

Beat sugar and yolks together in a bowl. Set

in boiling water. Then add whites beaten stiff. Put a small piece of butter and 1 tablespoon sherry in a bowl. Pour over the hot sauce just before serving.

### **Sokokis Indian Pudding**

*(Mrs. George Riggs)*

1 qt. skimmed milk.

$\frac{1}{2}$  pt. Indian meal.

1 cup molasses.

A little salt.

Scald the milk and add the ingredients while it is hot; let it cool, then pour into deep earthen pan, with straight sides, and bake 3 or 4 hours in a slow oven. Add  $\frac{1}{2}$  cup cold milk, and stir after putting in to bake.

### **Tory Hill Pudding**

*(Mrs. James Woodman)*

1 pt. of nice bread crumbs to 1 qt. of milk.

1 cup sugar.

The yolks of 4 eggs well beaten.

The grated peel of a lemon.

Butter size of an egg. Bake until done, *but not watery*.

Whip the whites of the eggs to a froth, and beat in  $\frac{1}{2}$  teacup of sugar. Flavor with lemon. Spread over the pudding a layer of jelly or fruit either fresh or dried. Pour the whites over this and set in the oven till brown. To be eaten with sugar and cream, or it is good without.

## Sandwich Pudding

*(Mrs. Martha C. Hanson)*

Make a batter of 1 cup of sugar and 1 egg.

Butter the size of an egg.

$\frac{1}{2}$  cup milk.

1 teaspoon cream tartar.

$\frac{1}{2}$  teaspoon soda.

$1\frac{1}{2}$  cups flour.

Have a quart pudding dish half full of sliced sour apples and pour the batter over them.

Bake one hour. To be eaten with a sugar sauce.

## Hilltop Blueberry Roll

*(Mrs. Jane C. Akers)*

1 cup milk.

1 tablespoon butter.

2 teaspoons baking powder sifted in flour.

$\frac{1}{2}$  teaspoon salt.

Flour enough to roll.

Add sifted flour and baking powder, and salt to milk; then add melted butter, and roll out thin.

Add berries to one end of roll, fold over, add more berries and fold again; and keep adding berries and folding until roll is filled. Fold over ends of roll and bake about  $\frac{1}{2}$  hour.

### SAUCE FOR ROLL

White of egg beaten stiff with 2 tablespoons of milk and 1 cup sugar.

## Apple Indian Pudding

*(Mrs. L. A. Berry)*

1/2 cup Indian meal.

1/2 cup molasses.

1 qt. milk.

Teaspoon salt.

Scald the milk, and pour it slowly on the meal, molasses, and salt. Add small piece of butter, bit of cinnamon, and ginger. Fill pudding dish half full of quartered, sweet apples. Pour in mixture, and add 1 cupful cold milk. Bake slowly 3 hours.

## Pork Pudding

*(Mrs. J. W. Rankins)*

1 cup salt pork, chopped fine.

1 cup raisins, chopped fine.

1 cup molasses.

2 cups sweet milk.

3 cups flour.

1 teaspoon soda.

Little of different kinds of spice.

Put in a 3-pt. tin, set in a steamer, cover with a cloth. Steam 2 hours, do not lift the cover while steaming.

## SAUCE

1 cup sugar.

2 tablespoons flour.

2 cups hot water.

Cook a few moments, then flavor to taste.

## Plymouth Custards

*(Cornelia D. Burbank)*

4 eggs.

1 qt. milk.

Scant cup sugar.

Put into custard cups, grate a little nutmeg over top.

Set in jar of hot water in the oven.

Bake 20 minutes.

## Indian Tapioca Pudding

*(Mrs. George Libby)*

3 tablespoons pearl tapioca.

2 tablespoons Indian meal.

1 qt. milk.

$\frac{1}{4}$  cup sugar.

$\frac{1}{2}$  cup molasses.

Salt.

Soak tapioca and meal in 1 cup of the milk. Scald the rest of the milk, then add meal and tapioca. When cool enough add 1 egg. Just before putting into the oven add 1 cup of cold water.

Bake  $2\frac{1}{2}$  hours.

## Coffee Tapioca Pudding

*(Mrs. John Fogg)*

Soak 2 tablespoons tapioca over night. In the morning drain and add 3 cups coffee. Cook until soft in a double boiler. Thicken with 1 teaspoon cornstarch. Add  $\frac{1}{2}$  cup sugar and a little salt.

Serve with sugar and cream.

## River Road Pudding

(*Mrs. Frank Harmon*)

Soak 2 tablespoonfuls tapioca in water enough to cover for 2 hours. Then place over fire in 1 pt. milk. When boiling stir in yolks of 2 eggs beaten with 1 cup white sugar. Boil 2 or 3 minutes. Vanilla to taste. Have ready in a dish the whites of the eggs beaten to a froth. Pour hot pudding over it.

## Caroline Pudding

(*Mrs. C. F. Howe*)

1 qt. milk.

1 cup grated bread crumbs.

$\frac{3}{4}$  cup molasses.

Little salt. Piece of butter.

Spice to taste. Bake slowly 3 hours, stirring often, so as to prevent its having any crust.

## Pudding Crusts

(*Mrs. Ambrose Weeks*)

*Pie paste* is a suitable cover for boiled or baked fruit puddings.

*Potato crust* for boiled fruit puddings is made as follows: Boil and mash 3 or 4 good potatoes. Mix 2 cupfuls of sifted flour with 2 of potato. Use a chopping knife, so as to keep free from clogging. Chop in 1 cup butter and 1 teaspoon salt. Mix to a paste with very cold water. Gather into a heap without moulding, on to the pie board, to roll out. Puddings should be boiled in a cloth.

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## VIII

### COMPANY DESSERTS

#### Milk Sherbet

*(Mrs. Ambrose Weeks)*

8 cups milk.

6 lemons.

3 cups sugar.

Mix juice (strained) and sugar, stirring constantly while adding milk slowly.

#### Chocolate Sauce for Vanilla Ice Cream

*(Sara J. Morton)*

2 squares chocolate.

1 cup sugar.

1 teaspoon cornstarch.

1 cup boiling water.

Boil until thick.

#### Strawberry Blanc-Mange

*(Mrs. Gilbert Berry)*

Stew nice, ripe strawberries, strain off the juice and sweeten it to taste. Place over the fire, and when it boils, stir in cornstarch wet in cold water, allowing 2 tablespoonfuls of cornstarch for each pint of juice; continue stirring until sufficiently cooked. Pour into moulds wet in cold water, and set away to cool; serve with cream and sugar and fresh strawberries if de-

sired. Raspberry blanc-mange prepared in the same way is equally good.

### **Junior Dorcas Ice Cream**

*(Alice Emery)*

1 qt. milk.

1 qt. cream.

1 qt. fruit.

3 cups sugar.

Mix sugar and fruit together. Press through a collander and freeze.

### **Pineapple Sherbet**

*(Mrs. Angelia Harmon)*

1 tablespoonful of gelatine dissolved in  $\frac{1}{2}$  pt. of warm water. After it is dissolved, add another  $\frac{1}{2}$  pt. of warm water, 1 pt. of sugar, and 1 can of pineapple, chopped fine, and added with the juice. Then freeze.

### **Ossipee Pyramids**

*(Mrs. Frank Hargraves)*

Whip firmly a pint of cream. Sweeten and chill. Serve in small glasses. Beat stiffly the whites of six eggs. Sweeten, and gradually stir in a small cup of currant jelly. When ready to serve, drop a spoonful of the beaten egg in the center of each dish of cream, in the shape of a pyramid.

### **Chocolate Whips**

*(Mrs. H. H. Locke)*

1 pt. of milk.

2 eggs.

Pinch of salt.

Sweeten to taste.

Heat the milk, adding two tablespoons of  
grated chocolate.

Then add the eggs and other ingredients.

Fill glasses two-thirds full.

Drop whipped cream in each.

### Apple or Banana Fritters

*(Mrs. H. M. Thurston)*

1 cup flour.

1½ teaspoons baking powder.

3 tablespoons powdered sugar.

¼ teaspoon salt.

⅓ cup milk.

1 egg.

Cut the apple or banana in thin slices.

### SAUCE

Grated rind and juice of 1 lemon.

¼ cup Sherry wine.

⅓ cup sugar.

2 eggs.

Mix lemon, wine, sugar, and yolks of eggs.

Stir vigorously over fire until it thickens, then  
add whites, beaten stiff.

### Apple Custard

*(Mrs. Frank Hargraves)*

3 eggs.

1 cup sugar.

1 cup sifted sour apple sauce.

½ cup butter.

Flavor with vanilla. Make nice crust for holders. Bake in round muffin tins.

### **Custard Souffle**

*(Mrs. George E. Smith)*

Rub 2 scant tablespoonfuls butter to a cream; add 2 tablespoonfuls flour and pour on gradually 1 cup hot milk. Cook 8 minutes in the double boiler, stirring often. Separate the yolks and whites of 4 eggs. Put the whites on ice. Beat the yolks. Add 2 tablespoonfuls sugar and add to the milk and set away to cool.  $\frac{1}{2}$  hour before serving, beat the whites stiff and cut them in lightly. Bake in a buttered pudding dish in a moderate oven 30 minutes. Serve at once with creamy sauce.

### **Fig Pudding**

*(Mrs. Monroe Marsh)*

$\frac{1}{2}$  lb. suet, finely chopped.  
 $\frac{1}{2}$  lb. (scant) figs, finely chopped.  
2 heaping cups bread crumbs, soaked in  $\frac{1}{2}$  cup milk.  
 $\frac{3}{4}$  cup sugar.  
2 well-beaten eggs last.  
Mix thoroughly and steam 4 hours. Serve with hard or foamy sauce.

### **Fruit Compote**

*(Mrs. Charles Irving)*

5 oranges, cut fine.  
4 bananas, sliced fine.  
Juice of 1 lemon.

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1 cup strawberries, cut fine; or substitute malaga grapes if strawberries are out of season.

1 cup walnuts.

Sprinkle with 6 tablespoons sugar, and  $\frac{1}{2}$  teaspoon cinnamon.

$\frac{1}{2}$  pt. whipped cream.

## IX

# CAKE

### The Doctor's Cream Cakes (*Mrs. A. G. Wiley*)

Boil together 1 cup water and  $\frac{1}{2}$  cup butter, then add 1 cup flour, *all at once*, and beat vigorously. When mixture cleaves from pan, remove from fire and break in 4 eggs, one at a time, beating for 2 minutes after adding each egg. After the mixture is cool, drop by spoonful into buttered pan and bake 30 minutes in a moderate oven.

#### FILLING FOR CAKES

Mix together  $\frac{3}{4}$  cup of sugar,  $\frac{1}{2}$  cup of flour, and 2 eggs. Pour on this 1 pt. of hot milk and cook in double boiler. Flavor to taste.

### Quick Cake (*Mrs. Alonzo Harmon*)

1 cup sugar.

$1\frac{1}{2}$  cups sifted flour.

2 teaspoonfuls baking powder, all together.

Add  $\frac{1}{4}$  cup butter.

Break 2 eggs in a cup, fill with sweet milk, beat all together.

1 teaspoonful vanilla.

## Chocolate Cake

(Helen King Marshall)

1 egg.  
1 cup brown sugar.  
 $\frac{1}{4}$  cup sour milk.  
 $\frac{1}{4}$  cup butter.  
2 squares chocolate, dissolved in  $\frac{1}{2}$  cup hot water.

1 teaspoon soda.

1 cup flour, before sifting.

Vanilla.

This makes a thin mixture, but do not be alarmed, as it is quite right.

### FROSTING FOR CHOCOLATE CAKE

1 cup granulated sugar. 3 tablespoons hot water. Boil until it makes a soft ball in water. Turn this over white of one egg, well beaten. Beat all together until stiff, then turn over the cake.

## Mocha Cake

(Mrs. Richard Libby)

1 cup sugar.  
1 cup flour.  
1 teaspoon cream of tartar.  
 $\frac{1}{2}$  teaspoon soda.  
1 large teaspoon melted butter.  
 $\frac{1}{2}$  cup boiling milk.  
2 eggs, *not* beaten.

Sift flour, sugar, cream of tartar, soda together twice.

Add butter, then break in eggs, stir. Add milk last.

Stir briskly. Bake in moderate oven 20 minutes.

#### FROSTING

1 cup powdered sugar. Small piece of butter.  
2 tablespoons coffee.  
2 teaspoons cocoa.  
 $\frac{1}{2}$  teaspoon vanilla.

Cream butter and sugar. Add cocoa, then coffee and vanilla. Add more sugar, if necessary. Spread with knife dipped in hot water.

#### Ribbon Cake

(*Mae Skillings*)

2 $\frac{1}{2}$  cups sugar.  
1 cup butter.  
1 cup sour milk.  
1 teaspoon cream tartar.  
 $\frac{1}{2}$  teaspoon soda.  
4 cups flour.  
4 eggs.

For the dark part, reserve one-third.

1 cup raisins.  
1 cup currants.  
2 tablespoons of molasses.  
1 teaspoon each of all kinds of spices.

#### Grange Cake

(*Mrs. J. W. Rankins*)

3 cups of sugar.  
1 cup of butter.  
5 cups of flour.  
1 $\frac{1}{2}$  cups of milk or water.

1½ cups of chopped raisins.  
2 eggs.  
2 tablespoonfuls of molasses.  
1 teaspoonful soda, dissolved in a little water.  
Spice.

### **Delicious Cake**

*(Mrs. George Libby)*

2 cups sugar.  
1 cup butter.  
1 cup milk.  
3 cups flour.  
3 eggs.  
½ teaspoon soda.  
1 teaspoon cream tartar.

Cream butter and sugar together; add the yolks of the eggs, then the beaten whites. Dissolve the soda in the milk, rub the cream of tartar in the flour and add last.

### **Cheap Fruit Cake**

*(Mrs. F. J. Leavitt)*

2 cups of sugar.  
½ cup molasses.  
½ cup milk.  
1 cup of butter.  
4 cups of flour.  
1 teaspoon soda.  
3 eggs.  
Spice of all kinds.  
1 cup raisins.  
1 cup currants.  
½ cup citron.  
Will make two loaves.

### Angel Cake

(*Mrs. George T. Edwards*)

- 1½ cups of sugar.
- ½ cup of butter.
- ½ cup of milk.
- 2½ cups of flour.
- 1 teaspoon of cream tartar.
- ½ teaspoon of soda.
- 5 eggs (the whites only).

Put all the parts together and then add the whites of the eggs beaten to a froth. The same recipe, using the yolks, makes a very nice cake.

### Sponge Cake

(*Henrietta Elden*)

- 3 eggs.
- 1½ cups sugar.
- ½ cup cold water.
- 2 cups flour.
- 1 teaspoonful cream of tartar.
- ½ teaspoonful soda.
- Salt.

Sift cream tartar with 1 cup of the flour; dissolve soda in a little hot water.

Rind and juice of 1 orange.

### Brick House Bride's Cake

(*Mrs. W. S. Moulton*)

- Whites of 5 eggs.
- 1½ cups of sugar.
- ½ cup of butter.
- ½ cup of milk.
- 2 cups flour.

1 teaspoonful cream tartar.  
½ teaspoonful of soda.  
Flavor to taste; almond is best.

### Apple Sauce Cake (*Mrs. Duncan Inness*)

1 cup sugar.  
1 cup apple sauce.  
½ cup shortening.  
1½ cups flour (full measure).  
1 teaspoon saleratus.  
Raisins and spice of all kinds.

### Marble Cake (*Mrs. Elmer Boothby*)

1 cup sugar.  
½ cup butter.  
1 cup milk.  
2½ cups flour.  
1 egg.  
1 teaspoon soda.  
2 teaspoons cream tartar.

Take 1/3 of mixture and add to it ½ teaspoon each of cinnamon, cloves, nutmeg, and allspice, with ½ cup raisins.

Put in pan in alternate spoonfuls.

### Tarts (*Mrs. F. J. Leavitt*)

3 cups of flour.  
½ cup butter.  
½ cup lard.  
1 teaspoon cream tartar.

$\frac{1}{2}$  teaspoon soda.

White of 1 egg beaten to a froth.

$\frac{1}{2}$  cup of cold water.

Bake in a quick oven.

Fill with any sort of jelly or preserve.

### Twin Elms Date Cake

(*Mrs. Jane C. Akers*)

$\frac{1}{2}$  cup soft butter.

$1\frac{1}{3}$  cups brown sugar.

2 eggs.

$\frac{1}{2}$  cup milk.

$1\frac{3}{4}$  cups of flour.

3 teaspoons baking powder.

$\frac{1}{2}$  teaspoon each of cinnamon, nutmeg, cloves, and salt.

$\frac{1}{2}$  lb. dates, cut into pieces.

Put all together at once, beat 3 minutes, and bake 40 minutes.

### Fudge Cake

(*Mrs. Sewell Smith*)

1 cup sugar.

2 tablespoons cocoa.

$\frac{1}{4}$  cup butter.

1 egg;

1 teaspoon salt.

1 teaspoon soda dissolved in  $\frac{1}{2}$  cup sour milk.

$1\frac{1}{2}$  cups flour.

$\frac{1}{4}$  cup boiling water; add a little vanilla.

To be put together in above order.

Bake in a shallow tin. When cool, split open and fill.

#### FILLING

1 cup hot water.  
1 tablespoonful cocoa.  
 $\frac{2}{3}$  cup sugar.  
1 tablespoon butter.  
1 tablespoon cornstarch, mixed with  $\frac{1}{2}$  cup cold water; add a little vanilla.  
Cook until thick and spread when cool.

#### Potato Flour Cake

*(Mrs. Oland Trask)*

4 eggs, beaten separate and then together.  
Add,—  
1 cup of sugar.  
Pinch of salt.  
1 tablespoon cold water.  
1 teaspoon vanilla, and a good half cup of potato flour with  
1 rounding teaspoon of baking powder in it.

#### Marshmallow Fillings

*(Mrs. George Emery)*

1 cup brown sugar.  
1 cup white sugar.  
1 cup water.  
1 tablespoonful vinegar.  
Boil until thick like candy and stir in the beaten whites of 2 eggs and  $\frac{1}{4}$  lb. of marshmallows. Boil up again and place it on the cake, letting each layer of filling cool before putting the cake on top of it.

## Pleasant Point Eggless Cake

*(Mrs. Charles Nichols)*

1 cup sugar.  
½ cup butter or lard.  
2 cups flour.  
½ teaspoonful soda.  
½ cup sour milk.  
1 cup raisins.  
½ teaspoonful each of cloves, cinnamon, nutmeg, and a little salt.

Bake in a slow oven  $\frac{3}{4}$  of an hour.

## Cream Cakes

*(Mrs. L. A. Berry)*

1 cup hot water.  
⅓ cup butter.  
3 eggs.  
1 heaping cup flour.

Melt the butter in the hot water; while it boils slowly stir in flour till a smooth paste. Let cool while beating 3 eggs, then stir eggs into paste. Bake in hot oven 25 minutes. Makes thirteen.

## FILLING

½ cup sugar.  
3 spoonfuls flour.  
1 egg.  
1 cup boiling milk.

Beat egg, add sugar and flour mixed. Stir in boiling milk, and cook till creamy.

### **Parsonage Macaroons**

*(Mrs. Robert G. Harbutt)*

2 eggs, well beaten.

1 tablespoonful butter melted.

1 cup sugar.

A little salt.

4 tablespoonfuls flour.

1½ teaspoonfuls baking powder.

½ cup milk.

2½ cups rolled oats, dry.

Flavor.

Drop by spoonfuls on buttered tin, not very near together. Bake in rather a hot oven. Add chopped nuts or sprinkle with cocoanut, if you choose.

### **Fryeburg Sponge Cake**

*(Mrs. Sarah Ladd)*

1 cup of sugar.

3 eggs.

3 tablespoonfuls of milk.

½ teaspoonful of soda.

1 teaspoonful of cream tartar.

A little salt.

1 cup of flour, rounded up.

1 tablespoonful of cornstarch.

Flavor.

### **Snowball Cake**

*(Mrs. H. A. Davis)*

1 cup sugar.

½ cup butter.

½ cup sweet milk.

2 cups flour.

½ teaspoonful soda.

1 teaspoonful cream tartar.

Whites of 4 eggs.

Beat butter and sugar thoroughly. Add the whites of eggs beaten to a stiff foam. Milk and soda last. Flavor to taste.

### **Silver Cake**

*(Lena R. Jose)*

1 cup of sugar.

Whites of 4 eggs.

$\frac{1}{2}$  cup butter.

2 cups flour.

$\frac{1}{2}$  teaspoonful of soda.

1 teaspoonful cream tartar.

$\frac{1}{2}$  cup of milk, put in last.

A little salt.

### **Strawberry Frosting**

*(Mrs. Frank L. Tarbox)*

The white of 1 egg, beaten stiff; 1 cup of sugar;  $\frac{1}{2}$  cup of strawberries, lightly mashed, beat all together till a stiff froth.

### **Poverty Cake**

*(Mrs. Eudoxy Eaton)*

$\frac{1}{2}$  cup sugar.

$\frac{1}{2}$  cup molasses.

$\frac{1}{2}$  cup sour milk.

2 cups flour.

1 cup chopped raisins.

All kinds of spices.

1 good teaspoon soda.

4 large tablespoons melted butter.

## Cream Puffs

(*Mrs. Lewis Shordon*)

$\frac{1}{2}$  cup butter, melted in 1 cup boiling water. Stir in 1 cup flour while boiling; take from stove, cool; 3 eggs, one after the other without beating, drop on buttered tins, far enough apart; bake in quick oven 30 minutes.

### FILLING

1 cup milk.

1 egg.

$\frac{1}{2}$  cup sugar.

Thicken with cornstarch. Flavor with vanilla.

## Scripture Cake

(*Mrs. J. W. Meserve*)

1 cup butter.....	Judges 5:25
3 $\frac{1}{2}$ cups flour.....	I Kings 4:22
2 cups sugar.....	Jer. 6:20
2 cups raisins.....	I Sam. 30:12
2 cups figs.....	I Sam. 30:12
1 cup water .....	Gen. 24:17
1 cup almonds .....	Gen. 43:11
$\frac{1}{2}$ doz. eggs.....	Isa. 10:14
Tablespoon honey .....	Exod. 16:21
A pinch of salt.....	Lev. 2:13
Spices to taste.....	I Kings 10:10
$\frac{1}{2}$ teaspoon soda.....	Matt. 13:33
1 teaspoon cream tartar.....	Matt. 13:33
Father Solomon's advice for making good boys .....	Prov. 23:13

## Gold Cake

*(Mrs. H. A. Davis)*

2 cups, not quite full, of flour.  
1 cup sugar.  
 $\frac{1}{2}$  cup sweet milk.  
 $\frac{1}{2}$  teaspoonful soda.  
1 teaspoonful cream tartar.  
Yolks of 4 eggs.  
Flavor to taste.

# FOR WRITTEN RECIPES



# X

## COOKIES AND DOUGHNUTS

### Salmon Falls Sugar Cookies

*(Mrs. W. S. Moulton)*

1 cup butter.  
2 cups sugar.  
3 eggs.  
1 teaspoonful cream tartar.  
1 teaspoonful soda.  
Flour enough to roll out.

### Moderation Hermits

*(Mrs. Frank Hargraves)*

2 cups sugar.  
1 cup butter.  
3 eggs.  
2 cups finely chopped raisins.  
1 teaspoonful soda, dissolved in a little hot water.  
1 teaspoonful of all kinds of spices.  
1 small piece citron.  
Flour enough to roll out.

### Ginger Snaps

*(Mae Skillings)*

$\frac{1}{2}$  cup molasses.  
 $\frac{1}{2}$  cup sugar.  
 $\frac{1}{2}$  cup butter.

Set on the fire and boil 5 minutes. Cool, then add,—

1 egg.

1 teaspoon ginger.

1 teaspoon soda.

1 tablespoon vinegar.

Flour enough to roll; roll thin.

### **Jumbles**

*(Mrs. Leonard Towle)*

1½ cups sugar.

2 eggs.

½ cup butter.

½ cup milk.

1 teaspoon soda.

2 teaspoons cream tartar.

Lemon to taste.

Mix as soft as can be handled; cut with small cutter, and sprinkle top with cocoanut.

### **York County Doughnuts**

*(Mrs. Perley A. Berry)*

1 dessert spoon thick sour cream.

2/3 cup thick sour milk.

1/3 cup sweet milk.

1 rounding teaspoon soda dissolved in the above.

1 egg beaten in.

1 rounding cup sugar.

2/3 teaspoon vanilla.

Pinch of ginger.

1/3 teaspoon salt.

Knead and roll to 1/2 inch thickness.

Fry in hot fat, turning many times and rolling in sugar, if preferred.

Recipe makes 3 doz. doughnuts, and these never soak fat.

### **The President's Brownies**

*(Mrs. J. W. Meserve)*

1 cup sugar.

$\frac{1}{2}$  cup flour.

$\frac{1}{2}$  cup melted butter.

$\frac{1}{2}$  cup walnuts broken in small pieces.

2 eggs.

2 squares chocolate.

Bake in shallow tin, garnishing top with nuts.

### **Muster Gingerbread**

*(Henrietta Elden)*

$\frac{1}{2}$  cup sugar.

$\frac{1}{4}$  cup butter.

1 egg.

$\frac{1}{2}$  cup molasses.

$\frac{1}{2}$  cup sour milk.

1 even teaspoonful soda dissolved in the milk.

1 teaspoonful ginger.

A little salt.

$1\frac{1}{2}$  cups flour.

### **Saco Hill Doughnuts**

*(Mrs. J. R. Ford)*

1 cup sour milk.

1 cup sugar.

1 egg.

1 tablespoonful butter.  
1 teaspoonful soda.  
Salt, ginger, and nutmeg.  
Flour to roll soft.

### Oatmeal Cookies

*(Mrs. Alonzo Harmon)*

1 cup sugar.  
½ cup butter.  
1 cup oatmeal.  
1 cup cocoanut.  
2 cups flour.  
1 cup raisins, chopped.  
1 teaspoonful soda.  
7 tablespoonfuls sour milk.  
Nuts may be added.  
Drop a teaspoonful on buttered pan.

### Bar Mills Cookies

*(Mrs. H. A. Davis)*

1 cup molasses.  
1 cup sugar.  
1 cup shortening.  
1 teaspoonful ginger.  
1½ teaspoonfuls soda, dissolved in a little  
hot water.  
2 eggs.  
Salt. Flour to knead well.

### Ladies' Fingers

*(Mrs. G. H. Knox)*

1 cup sugar.  
½ cup butter.

1 egg.  
 $\frac{1}{4}$  cup milk.  
1 pt. flour.  
1 teaspoonful cream tartar.  
 $\frac{1}{2}$  teaspoonful soda.  
 $1\frac{1}{4}$  teaspoonful vanilla.

Cut in little strips, roll in sugar, and bake in a quick oven. Use your hands to roll them, instead of a rolling pin.

### Filled Cookies

(*Mrs. Lewis Shordon*)

1 cup sugar.  
 $\frac{1}{2}$  cup shortening (part lard and butter).  
1 egg.  
 $\frac{1}{2}$  cup milk.  
 $2\frac{1}{2}$  cups flour.  
2 teaspoonfuls cream tartar.  
1 teaspoonful soda.  
1 teaspoonful vanilla.

Roll thin; put cookies in pan, then put teaspoon of filling on each. Place another cookie gently on top.

#### FILLING

1 cup chopped raisins.  
 $\frac{1}{2}$  cup sugar.  
 $\frac{1}{2}$  cup water.  
1 teaspoon flour.  
Cook until thick.

### Doughnuts

(*Mrs. Elmer Boothby*)

1 cup of sugar.  
 $\frac{1}{2}$  cup of butter.

1½ cups of milk.  
1 teaspoon of soda.  
2 teaspoons cream tartar.  
2 eggs and a little nutmeg.

# FOR WRITTEN RECIPES



## XI

# PICKLES, ETC.

### Tory Hill India Relish

*(Mrs. A. G. Wiley)*

Put 1½ cups salt on 1 peck chopped green tomatoes and let stand over night. In morning drain and add 1 medium cabbage, chopped fine, and boil all in 3 qts. vinegar ½ hour. Then add 6 onions, 3 red peppers, 2 green peppers (chopped fine), 6 cups sugar, 2 tablespoons celery seed, 2 of mustard seed, and 1 tablespoon stick-cinnamon and whole cloves (in a bag). Cook all until onions are perfectly soft.

### Chili Sauce

*(Mrs. Norton Libby)*

6 ripe tomatoes.

2 onions.

1 green pepper.

⅓ cup granulated sugar.

⅔ cup good cider vinegar.

1 teaspoonful each of cinnamon, allspice, and nutmeg, and ½ teaspoonful cloves. Scald and peel the tomatoes and cook with the onions and peppers till tender, then add the sugar, vinegar, and spices and cook 10 minutes longer.

## Sweet Tomato Pickles

*(Mrs. Emma J. Harmon)*

1 gal. tomatoes. After they are sliced, salt and drain over night in a colander. 1 qt. good vinegar, 1 lb. brown sugar, 1 heaping tablespoon of all kinds of spice and the same of mustard, 1 teaspoonful of cayenne. Boil till tender.

## Sweet Pickle for Corning Beef

*(Mrs. Norton Libby)*

For 25 lbs. of meat.

2 gals. water, lukewarm.

1 1/4 lbs. of brown sugar.

2 lbs. of rock salt.

1 oz. saltpetre.

Mix and let stand 24 hours, stirring frequently, so that it may be thoroughly dissolved before putting in meat. This will keep all winter, and is not too salt for slicing and frying. It is also delicious boiled to eat cold.

## Pickled Beets and Carrots

*(Mrs. Frank L. Tarbox)*

Boil beets until tender; remove the skins; slice while hot; cover with hot spiced vinegar that has been well sweetened. Carrot pickles are made in the same way. These are not only good, but make a bright bit of coloring for the table.

## Watermelon Sweet Pickles

*(Mrs. A. E. Harmon)*

5 lbs. of fruit.

3 lbs. of sugar.

1 pt. of vinegar.

Boil fruit in clear water until tender; drain, put into the vinegar and sugar. Cook until well flavored. Use all kinds of spice put in a thin cloth.

### **Piccalilli**

*(Mrs. Thomas L. Kimball)*

1 peck green tomatoes, 4 peppers, 12 onions, chopped fine and drained through cheesecloth. Add,—

1 10-cent pkg. pickling spices.

1 tablespoon ground mustard.

4 cups sugar.

$\frac{1}{2}$  cup salt, and cover with cold vinegar (about 2 qts.). Boil slowly nearly 2 hours.

### **Rhubarb Jam**

*(Minnie Alford)*

To 6 lbs. of rhubarb add 6 lbs. of sugar and 6 large lemons. Cut the rhubarb in small pieces. Slice the lemons very thin. Put the fruit in a large bowl and cover with the sugar, letting it stand for 24 hours. Boil for about  $\frac{3}{4}$  of an hour. Do not stir more than necessary, as its great beauty is in not being all broken up. Put in glasses and cover with paper.

### **Treasurer's Cucumber Pickles**

*(Mrs. James B. Elden)*

To 1 gal. good vinegar add 1 cup salt and 1 cup ground mustard. Each day add freshly picked cucumbers and stir with a wooden spoon. Ready for use in 10 days, if cucumbers are very young.

## Wayside Mixed Pickles

*(Mrs. C. W. Handy)*

2 qts. green tomatoes.

2 qts. ripe tomatoes.

3 green peppers.

1 large ripe cucumber.

2 bunches celery.

3 large onions.

1 small cabbage.

Chop all together. Cover with  $\frac{1}{2}$  cup salt and let it stand over night. Drain off all liquid in the morning. Add 3 pts. vinegar, 2 lbs. brown sugar, 2 tablespoons mustard. Cook 1 hour and seal.

## Spiced Currants

*(Mrs. George Berry)*

For every 5 lbs. currants take 2 qts. water and 1 pt. vinegar.

1 tablespoon ground cinnamon.

2 teaspoons ground cloves.

1 teaspoon each of ground allspice and mace.

Boil currants with the sugar. When quite thick, add vinegar and spices and boil, stirring well for 15 or 20 minutes more.

# FOR WRITTEN RECIPES



## XII

# MISCELLANEOUS

### Canned Tomatoes

*(Mrs. Charles Nichols)*

Remove the peeling from the tomatoes and place as many as possible in a jar. If required to cut them in two, do it down through instead of across. Put covers on jars, but do not snap them down. Place jars in steamer and cook until the top of the jar is too hot to place your hand upon it; remove the cover and fill with boiling water; see that all the air is out, and seal. Place jars in an earthen crock and pour enough boiling water in to come up around the neck of the glass jars and let them stand until cold. A pinch of salt added to each jar improves the flavor.

### Recipe for Canning String Beans

*(Mrs. Richard Libby)*

4 quarts of beans, broken.

1 quart of boiling water.

$\frac{2}{3}$  cup of salt (table salt).

Put water and salt in kettle. Add beans. Boil 10 minutes. Fill cans, to overflowing, with hot mixture. This amount, if heaped a little, will fill two 1-qt. cans.

When the beans are to be served, soak in cold

water over night. In the morning pour off water, put in fresh. Soak until time to cook them. Cook as you would the fresh beans.

### **Delicious Cranberry Sauce** *(Lillian Palmer)*

4 cups cranberries.

3 cups sugar.

2 cups water.

Dissolve the sugar and then cook 15 minutes. Do not stir.

### **Chocolate Creams** *(Mrs. George Hall)*

Dissolve 2 cups white sugar in  $\frac{1}{2}$  cup of boiling water and boil 5 minutes. Flavor with vanilla. Set the pan in cold water and beat till it creams, then mould into balls the size of a nutmeg and lay on buttered plates to cool. Melt  $\frac{1}{2}$  lb. of Baker's chocolate by scraping fine and placing in a bowl in boiling water. Add a little sugar, then dip the balls in this with a toothpick till they are well coated. Then cool in the buttered plates.

### **Seminary Fudge** *(Sara J. Morton)*

2 cups sugar.

$\frac{1}{2}$  cup Karo corn syrup.

$\frac{1}{2}$  cup hot water.

Boil until you can make a soft ball in water, then pour about one-third of it onto the beaten white of an egg. Boil the rest until it "hairs,"

then pour on to the other and beat. Add 1 teaspoonful of vanilla and about a cup of chopped walnuts. Beat until *very* stiff and pour into buttered pan.

### **Delicious Candy**

*(Jessie Chase)*

2 cups sugar.

$\frac{1}{2}$  cup corn syrup.

$\frac{1}{2}$  cup water.

A little salt.

Put sugar, syrup, water, and salt on to cook. Stir occasionally until it strings or forms a hard ball, when put into cold water. Then stir into this hot syrup the whites of 2 eggs beaten to a stiff froth. Beat until it is stiff and creamy, and then add  $\frac{1}{4}$  lb. of English walnuts, broken into large pieces. Put in buttered dish to cool and cut into squares.

### **Green Tomato Mincemeat**

*(Mrs. C. W. Handy)*

4 qts. chopped apples.

3 qts. chopped green tomatoes.

1 $\frac{1}{2}$  lbs. raisins.

$\frac{1}{2}$  lb. butter.

2 lbs. brown sugar.

1 cup molasses.

1 qt. cider.

2 tablespoons salt.

2 teaspoons cinnamon.

2 teaspoons allspice and clove.

Simmer together until thick, then seal.

## Butter Scotch

*(Mrs. H. A. Owen)*

2 cups granulated sugar.

1/4 cup molasses.

1 cup butter.

1 cup hot water.

1 tablespoon vinegar.

Boil gently until it threads from the spoon. A cup of cocoanut shredded, or one of nuts, is a very nice addition just before removing from the stove. Let it cool and cut in squares.

## Pineapple Lemonade

*(Mrs. A. E. Harmon)*

1 pt. water.

1 pt. grated pineapple.

1 cupful sugar.

Juice of 3 lemons.

Make syrup by boiling water and sugar together. Add pineapple and juice.

Cool, strain, and add 1 qt. of ice water.

## Cheese Mould

*(Mrs. Lewis Brown)*

Break up new cheese into small pieces, put it in double boiler, cover with milk or cream, a little salt, paprika, Worcestershire sauce. Melt and take off and cool, then mould it like a lump of butter.

## Welsh Rarebit

*(Mrs. G. H. Knox)*

1 tablespoon butter.

1 teaspoon cornstarch.

$\frac{1}{2}$  cup thin cream.  
 $\frac{1}{2}$  lb. cheese.  
 $\frac{1}{4}$  teaspoon salt.  
 $\frac{1}{4}$  teaspoon mustard.  
Cayenne to taste.  
Yolk of 1 egg.

Melt butter, add cornstarch, stir until well mixed; add cream gradually and cook 2 minutes; add cheese, cut in small pieces; stir until melted; season. Add beaten yolk and cook  $\frac{1}{2}$  minute.

Pour over zephyrettes or toast.

### **Cheese Crackers** (*Cornelia D. Burbank*)

Take saltines, butter lightly. Grate cheese over butter, thickly. If cheese is soft, cut in very thin slices and lay on the crackers. Lay side by side in a large flat pan, and bake till brown in a hot, quick oven.

### **To Improve Roast Lamb** (*Mrs. Andrew L. Berry*)

To make lamb extra tender and nice to the taste, a noted cook of a local old-time hostelry used to plunge the meat into a kettle of hot water, letting it remain until cool, sometimes repeating the second time before putting into the oven to roast.

### **To Improve Boiled Cod** (*Mrs. Louise Stewart*)

If cod is boiled in salted water with a slice of onion, a stalk of celery, or a sprig of parsley,

its tastelessness will be replaced with a very agreeable flavor.

### Indian Cellar Sandwiches

*(Nora A. Smith)*

1. Tongue or ham minced.
2. Equal parts of chicken and cold ham finely minced.
3. Thin slices of cucumber dipped in French dressing.
4. Sardines made to a paste with lemon juice.
5. Minced hard-boiled eggs, 1 sardine to every 3, seasoned with lemon juice.
6. Cold baked beans mashed to a paste and seasoned with mustard or chopped celery.
7. Canned salmon mixed with hard-boiled eggs chopped fine.
8. 5 heaping teaspoons powdered sugar, 2 of cocoa, and 2 of boiling water. Stir over the fire until smooth. Add a few drops of vanilla and cool.
9. Orange marmalade.
10. Cottage cheese and jam or marmalade.
11. Cottage cheese, lettuce leaves, and French dressing.
12. Peppergrass mixed with chopped hard-boiled eggs.

### Fried Oysters

*(Mrs. Alice Bickford)*

Beat up an egg and dip the oysters in it, then roll some crackers very fine on the cake board.

Coat the oysters with the crumbs and lay on a platter for 2 or 3 hours, then heat the spider very hot and fry the oysters in butter until a golden brown.

### **Picnic Eggs**

*(Mrs. Horatio Harmon)*

Boil the eggs about  $\frac{1}{2}$  an hour. Shell them, then cut in halves with a sharp knife, and roll out yolks, leaving whites to be filled again. Mash yolks and season with salt, pepper, mustard, and vinegar, adding melted butter enough to make it right consistency. Fill the whites and let them cool.

### **Cider Apple Sauce**

*(Della Hill)*

Boil new cider down to one-half. Pare and quarter sweet apples enough to fill up the syrup. Boil slowly, with frequent stirring, nearly all day, keeping closely covered.

### **Children's Candy**

*(Bertha Peirce)*

1 cup white sugar.

$\frac{1}{2}$  cup vinegar.

2 tablespoons butter.

*Do not stir.* Try in water like molasses candy.



# FOR WRITTEN RECIPES



## XIII

# TO A DORCAS DAUGHTER

*(Kate Douglas Wiggin)*

IF any member of the family has a few minutes a day in which to gather a few flowers for the supper table, you are the one, whether you are twenty years old or whether you are only ten. If you are still going to school, you may be able to get something every afternoon on your way home; for there is scarcely a week, from the time when the dandelions blow, to the day when the trees are bare and the ground is frozen, when you can not find something lovely by the wayside, in the fields, or in the woods.

If you can do "button-hole stitch," you can make a colored edge on a circle of linen for a small centre-piece. You can make a pretty effect also by putting three or four rows of feather-stitching inside the edge; or failing anything else, you can feather-stitch a few ready-made doylies with different colors and have one to match any nosegay.

If you have a family garden, all is easy from June to October; but if you have not, God has been just as good to the poor as the rich in the matter of flowers, and the busiest country child has just as much within her reach as a princess with a conservatory. I give you here a few suggestions about making a little daily decoration for the table. There is not a flower you

do not know, nor one you have not often gathered. You would put them together yourself in just the same way, perhaps; but somehow, when a thing is printed in black and white it looks like a letter written directly to you! You stop and think: "Why did I never do it? It is easy; it is pretty; mother and father will like it." You will stand up on a chair to look on the top shelf of the closet and find a glass finger bowl, or a wine glass, or a lemonade cup, or a spoonholder. You will see what vases there are in the house and what mother will allow you to use. As the days go on you will search for some new growing thing; you will invent and combine and scheme to get a novel effect. Some one in the family will notice how you arrange flowers and leaves and grasses, and you will do them more and more beautifully as time goes on, using long stems and putting them together loosely and naturally, as Mother Nature does.

Then what will have happened? Only this. You will have developed a new love of beauty, for you will have learned to produce it. You will have used the "thinking part" of you; you will have devised and combined and invented; in a word, you will have become an artist!

It is rather a nice thing to be,—a decorator of the farmhouse, the church, the village school! Perhaps they will beseech you to do something for the Town Hall later on. Who knows? "Tall oaks from little acorns grow."

Meantime, as you are passing the parlor door

where your mother is talking with a visitor you may hear something like this:

“ Yes, our Emily has a great knack with flowers. She took a bean pot for a vase when she put that goldenrod in the fireplace, but after all it looks pretty on the brick hearth. . . . That bunch of black-eyed Susans on the table is in one of my cooking bowls. Emily says this room is so gloomy she always wants to light it up with yellow, but the sitting-room is full of sunshine and she generally gives me something green in there. . . . Yes, it’s a wonderful comfort, now that I am too lame to get away from the house, to have Emily bring all outdoors in to me, and she is only fourteen. . . . She has so much ingenuity! Last night was her father’s birthday. We had nothing extra for supper, for a long illness in the house uses up money faster than anything else and we have to be economical. . . . Well, she took an old gold-fish globe that the doctor’s wife gave her, and filled it with sprigs of autumn leaves and then she scattered the handsomest ones over the cloth and tied a great red bunch on her father’s chair. As he looked in the dining-room door he caught sight of the table and guessed it was some kind of an ‘occasion.’ Then he remembered it was his own birthday, gave an extra brush to his hair, and put on his second-best coat. I wasn’t going to be outdone, so I put a couple of purple asters on my plate of baking-powder biscuits and a sprig of green on each end of my platter of corned-beef hash.

. . . John, my oldest boy, is about sixteen, and he used to make fun of his sister's way of 'dressing up victuals,' — that is what he called it; — but he never does it any more; he says that we all kind of 'live up to' Emily's flowers now-a-days."

When you have heard this, if you are a good Dorcas daughter, your heart will be glad. Perhaps in order to "live up to" your own flowers you will take extra trouble in sweeping and dusting and arranging the furniture to the best advantage. Remember, mother carries the heaviest burden, day after day and year after year. You can lighten it, of course, by industry and helpfulness and cheerful companionship, but you can do it still further if you can aid in creating and maintaining the "Home Beautiful."

## TWENTY WILD FLOWER COMBINATIONS FOR FARM-HOUSE AND VILLAGE DINING TABLES

1. A saucer of the very first dandelions, just as a spring surprise.
2. A tall glass of purple "flags" or gentians.
3. Mayflowers or anemones, or a plate of partridge berries and their leaves.
4. A few apple blossoms from some heavily laden tree that bears poor fruit.
5. Field daisies; sometimes with grasses, sometimes with buttercups.

6. Long-stemmed purple clover in a wine glass.
7. Ferns of any sort.
8. A bowl of wild roses.
9. "Butter and eggs" in a yellow vase.
10. Vase of pink or white wild spirea.
11. Wild clematis. Let it droop from the vase on to the table.
12. A low glass dish filled with pond lilies.
13. A bowl of tiger lilies, day lilies, or red lilies. One kind or another is generally to be found growing near some deserted house or by the roadside.
14. Goldenrod and Queen Anne's lace (wild carrot).
15. A glass bowl of goldenrod with little branches of red choke cherries.
16. Black-eyed Susans.
17. A low bowl of scarlet bunch berries.
18. Pink hardhack.
19. Goldenrod and brown autumn leaves.
20. Red and yellow autumn leaves.
21. A branch of bright-cheeked crab apples. laid flat in the centre of the table.
22. Arrangements of flat hemlock or juniper branches, sometimes with the addition of little pine cones. This is for the holidays. For Christmas morning you can have a tiny tree, 12 or 14 inches high, and decorate it as you please.

#### WARNINGS

Never use any decoration of plush or silk or ribbon on a plainly furnished table. Never

make your centre bouquet tall enough to conceal from each other the faces of the persons opposite. Never pack flowers tightly in a vase nor fill it too full. Never allow a faded flower on the table. Do not use one vase nor one kind of flowers until the family is tired of the sight of them. Variety is the spice of life.



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